

Full Report (All Nutrients) 09403, Apricot nectar, canned, with added ascorbic acid

Report Date: June 27, 2017 23:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g	1 fl oz 31.4g
Proximates						
Water	g	84.87	177	0.033	213.02	26.65
Energy	kcal	56	--	--	141	18
Energy	kJ	234	--	--	587	73
Protein	g	0.37	73	0.011	0.93	0.12
Total lipid (fat)	g	0.09	50	0.004	0.23	0.03
Ash	g	0.29	56	0.006	0.73	0.09
Carbohydrate, by difference	g	14.39	--	--	36.12	4.52
Fiber, total dietary	g	0.6	--	--	1.5	0.2
Sugars, total	g	13.24	--	--	33.23	4.16
Minerals						
Calcium, Ca	mg	7	56	0.226	18	2
Iron, Fe	mg	0.38	68	0.016	0.95	0.12
Magnesium, Mg	mg	5	57	0.095	13	2
Phosphorus, P	mg	9	61	0.213	23	3
Potassium, K	mg	114	45	2.540	286	36
Sodium, Na	mg	3	45	0.457	8	1
Zinc, Zn	mg	0.09	46	0.002	0.23	0.03
Copper, Cu	mg	0.073	46	0.003	0.183	0.023
Manganese, Mn	mg	0.032	--	--	0.080	0.010
Selenium, Se	µg	0.2	--	--	0.5	0.1
Fluoride, F 1 2	µg	11.9	11	2.255	29.9	3.7

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g	1 fl oz 31.4g
Vitamin C, total ascorbic acid	mg	17.6	--	--	44.2	5.5
Thiamin	mg	0.009	89	0.000	0.023	0.003
Riboflavin	mg	0.014	101	0.000	0.035	0.004
Niacin	mg	0.260	84	0.016	0.653	0.082
Pantothenic acid	mg	0.096	--	--	0.241	0.030
Vitamin B-6	mg	0.022	--	--	0.055	0.007
Folate, total	µg	1	5	0.246	3	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	5	0.246	3	0
Folate, DFE	µg	1	--	--	3	0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	66	262	0.874	166	21
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	1316	262	17.479	3303	413
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.006	--	--	0.015	0.002
16:0	g	0.005	--	--	0.013	0.002
18:0	g	0.001	--	--	0.003	0.000
Fatty acids, total monounsaturated	g	0.038	--	--	0.095	0.012
18:1 undifferentiated	g	0.038	--	--	0.095	0.012
Fatty acids, total polyunsaturated	g	0.017	--	--	0.043	0.005
18:2 undifferentiated	g	0.017	--	--	0.043	0.005
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Sources of Data

¹A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

²Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa